

Shodan Assessment Guide Document

For the written part of the exam.

A glossary of Japanese words and pronunciation which will be used can be found on the website. These include strikes, blocks and other miscellaneous terms.

You should have an understanding of kumite up to Jiyuu kihon Ippon kumite i.e. Feet placement, movement and protocol for executing attacks and defending same, correctly and effectively.

A list of the 26 Kata we learn and perform can be found on the website. The first 15 are known as 'The JKA 15 Shotokan Kata'.

You will be expected to have knowledge of the Kyodo (count) numbers for the 5 Heian Kata, Tekki Shodan and Bassai Dai together with the important points and characteristics of the katas.

You are also expected to know the various stances used. Please see next page.

You should know the Dojo Kun. (English)

Reasons for warm-ups and how they should be conducted.

Knowledge of the Dojo Rules and Etiquette.

Obviously, you should know something about the JKA – Chief Instructor / shuseki shihan as well as the Chief Instructor for JKA England. Other bits of information relate to your club. The following websites, apart from our own, will be useful:

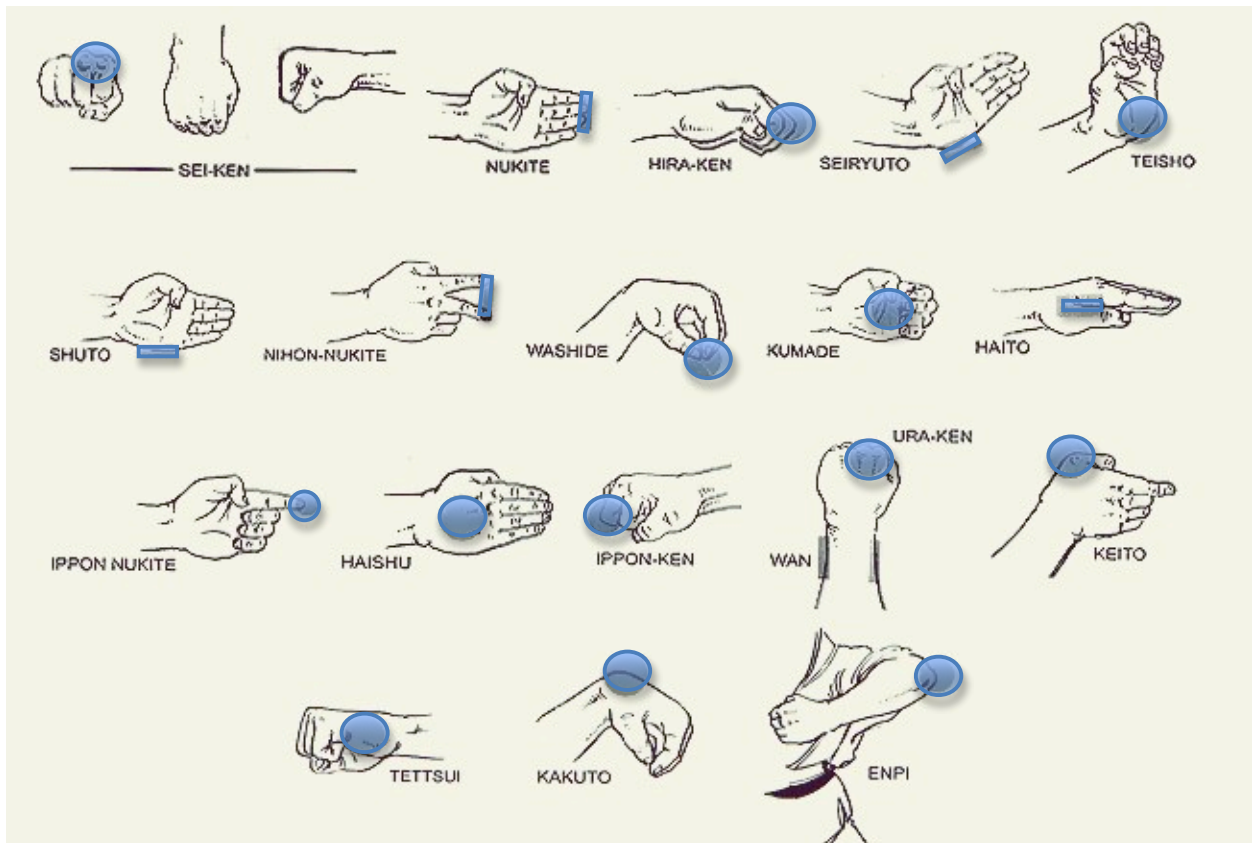
JKA England – <http://www.jka-england.org>

JKA – <http://jka.or.jp/en/>

Finally, you will need to pay attention in class too as instructors do not want to waste their time telling you information if you are not going to listen. ☺

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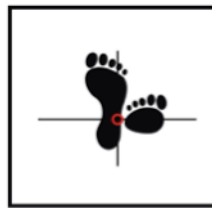
For the written part of the exam.



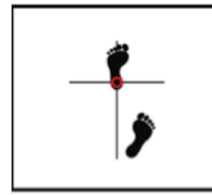
The shaded area indicates the point of impact of the techniques.

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Kosa Dachi



Moto Dachi



Fudo Dachi



Musubi Dachi



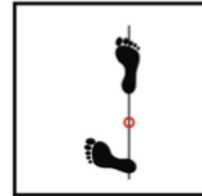
Shizentai / Hachiji Dachi



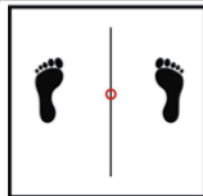
Neko Ashi Dachi



Hangetsu Dachi



Renoji Dachi



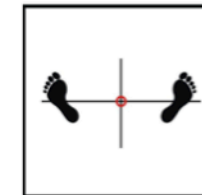
Heiko Dachi



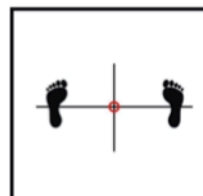
Sanchin Dachi



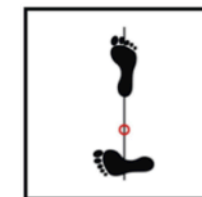
Heisoku Dachi



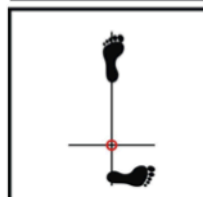
Shiko Dachi



Kiba Dachi



Teiji / Tiji Dachi



Kokutsu Dachi



Zenkutsu Dachi